

Building Healthy Communities in Iowa

The Iowa Department of Public Health (IDPH) is requesting \$3,000,000 to continue and expand healthy community and wellness initiatives in Iowa (Harkin Wellness Grant).

- A goal of Healthy Communities is to prevent chronic disease through improved health habits and lifestyle.
- It is imperative to address preventable chronic diseases and their contributing factors of obesity, poor nutrition, tobacco use and lack of physical activity in order to build healthy communities in Iowa.
- Recognizing that stress has a direct impact on the health of individuals, wellness grants may be used to address behavioral health.
- Harkin Wellness Grants, initiated in Fiscal Year (FY) 2005, promotes a collaborative effort to bring community partners together for planning and implementing programs that will enable individuals to adopt healthy lifestyles, and contributes directly to the prevention, delay and mitigation of the consequences of preventable chronic disease.
- Strategies supported by the Harkin Wellness Grants are community-based and can be replicated in other communities in Iowa as well as the nation.
- In requesting additional funding for FY2007, the department recognizes that it will take two to three years for the project communities to achieve long-term results and establish methodologies to sustain wellness strategies into the future.